

IDAHO CONTENT STANDARDS
GRADE 2
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 1.1: Acquire the essential skills to lead a healthy life.	2.H.1.1.1 Describe the concepts of fitness and wellness. (787.01.a)	2.H.1.1.2 Recognize body signals that indicate sickness or wellness. (787.01.b)	2.H.1.1.3 Identify the rules and procedures for safe living. (787.01.c)	2.H.1.1.4 Identify personal emotions, how they are expressed, and appreciate the consequences of behavior choices. (787.01.d)	2.H.1.1.5 Identify tobacco, alcohol, medicines, and other drugs. (787.01.e)	2.H.1.1.6 Explain the reasons for wise food selection. (787.01.f)	2.H.1.1.7 Identify physical characteristics of growth and development. (787.01.g)	2.H.1.1.8 Explain ways family membership changes. (787.01.h)	2.H.1.1.9 Identify how to choose a health product. (787.01.i)	2.H.1.1.10 Describe the characteristics of a healthful environment. (787.01.j)	

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	2.H.2.1.1 Recognize ways illness is spread. (788.01.a)	2.H.2.1.2 Identify consequences for one’s own behavior. (788.01.b)	2.H.2.1.3 Identify temptations, curiosity, peer influence, and harmful risk-taking. (788.01.c)	2.H.2.1.4 Identify behaviors that put a person at risk. (788.01.d)							

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	2.H.3.1.1 Identify ways to show respect for self and others. (789.01.a)	2.H.3.1.2 Describe refusal and decision-making skills. (789.01.b)	2.H.3.1.3 Demonstrate how to communicate with friends. (789.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	2.H.4.1.1 Identify age-appropriate health care items. (790.01.a)	2.H.4.1.2 Identify the different components of a health product label. (790.01.b)	2.H.4.1.3 Identify community health workers and their roles. (790.01.c)								

Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	2.H.5.1.1 Identify actions that relate to emotions. (791.01.a)	2.H.5.1.2 Recognize that people are unique and worthwhile, both physically and emotionally. (791.01.b)	2.H.5.1.3 Discuss benefits of exercise and how it can enhance mental and emotional health. (791.01.c)	2.H.5.1.4 Identify safe environments. (791.01.d)							